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ABSTRACT

This book helps people find a way to balance their work and leisure values. Filled with inventories, worksheets, reflective riddles, journal assignments, and guides for community explorations, this workbook offers a method for rejuvenating the lost art of play and finding a better balance between work and leisure roles. Chapters 1 and 2 help readers assess their own level of leisure wellness and how they view time in general. Chapter 3 takes a look at how the notion of work and leisure ethics evolved in this country. These first steps set the stage for a deeper investigation into individual leisure values, preferences, and interests through an exercise called the leisure search, a simple method of applying proven job-hunting techniques to the search for rewarding leisure opportunities in one's own community. Separate chapters are devoted to the side issues of time awareness and retirement planning, with exercises created especially to help readers analyze their schedule and find new sources of free time. Other exercises help readers develop more flexible attitudes toward the wide range of leisure choices available today. Appendixes include the following: a 16-item bibliography, information on how to design a short-term learning program that can help people plan for their postretirement second career, information on how to start a leisure club, and an article, "Using Leisure Wellness in Drug Treatment" (Curtis Rosler). (YLB)

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